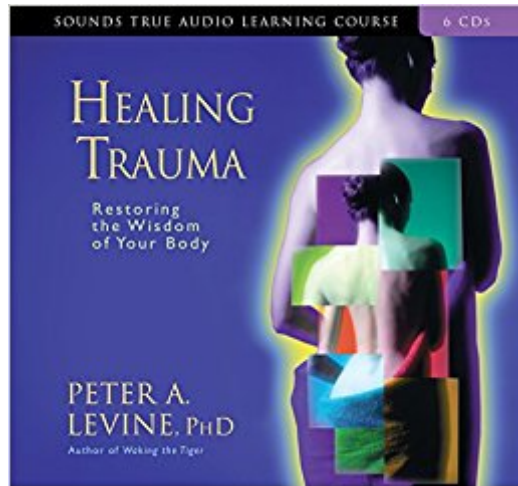




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# Healing Trauma (Sounds True Audio Learning Course)



## Synopsis

According to the National Institute of Mental Health, more than 23 million Americans suffer from anxiety disorders- many as a direct result of trauma. As a young stress researcher at the University of California at Berkeley, Peter A. Levine found that all animals, including humans, are born with a natural ability to rebound from these distressing situations. Now on Healing Trauma, you can join this respected therapist and teacher to learn how to address these and other symptoms at their source-your body-and return to the natural trauma-free state that you were meant to live in. Featuring more than six hours of guided instruction to engage your body's built-in healing process.

## Book Information

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Audio CD

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## Customer Reviews

A revolutionary body-based therapy for healing from physical trauma and abuse, inspired by the way animals release traumatic stress in the wild. --This text refers to an out of print or unavailable edition of this title.

Peter A. Levine received his Ph.D. in medical and biological physics from the University of California at Berkeley, and holds a doctorate in psychology from International University. During his 35-year study of stress and trauma, he has contributed to scientific and medical publications and served as consultant for NASAs space shuttle program. He has taught at the Hopi Guidance Center and at hospitals and pain clinics throughout the world. Dr. Levine is currently a consultant for the Pain Rehabilitation Center in Boulder, Colorado. He is the coauthor, with Ann Frederick, of Waking the

## Tiger: Healing Trauma.

In my 5 years of dedication to healing through PTSD, from childhood trauma into adult independence, I have never experienced struggling harder than through Somatic Experiencing & Dr. Levine's practices here. This has been much harder than in previous times, and a much slower process. I share this for anyone who may be in self-doubt or doubt of Dr. Levine's work, to reassure you that the effort is hard but it's worth it. My biggest problem is moving from my head into my body, however, I am slowly climbing mountains- and Dr. Levine's work is unique, unlike any other approach I've experienced. It's not easy and it's not supposed to be easy. Somatic Experiencing focuses directly on the work that needs to be done. To care about your body enough to go through mundane, extremely simple exercises and be dedicated. In 3 years I had been to 13 different doctors in fields of psychology and neurology. I had only a few good experiences, and only in finding Somatic Experiencing have I discovered something radically different. It reminds me of what I learned in overcoming a visceral, biological anti-needle reaction. Your brain doesn't change until your body does. It's not perfect, it's not easy, you may have the greatest doubts and least faith in the midst of these exercises. It might feel boring and uneventful, as if you are doing nothing and it doesn't feel traumatic or even real. But that is just part of how it is, when we are numb, stuck off, unaware, or stuck on, blind. There is no "wrong" way to do these exercises. At first I could feel that I was bad at them somehow, and I had to just keep doing it poorly to get through those bad parts and get better. Doing it poorly was freeing enough that it allowed me to get better. The difficulty of these exercises helped me realize that I don't have to have high standards or be so great at achieving this healing, I can take it much slower. For much of my life, I have been able to lean on my over-active mind as a crutch, a spontaneous creator. But to really learn, I have to struggle. It has to be uncomfortable. I would recommend these exercises to anyone struggling to get out of repetitious habits, addictions, or struggling to gain autonomy & willpower.

Don't buy this book on Kindle. The book is great--really sensitive and helpful approach. However, the healing process depends on doing the exercises that are included with the book as a CD. There is no CD or links to these exercises when you get the Kindle.

My homeopathic doctor recommended this book. It is very insightful and gives you background and reasoning as well as ways to heal. I am also a Life Coach and will be recommending this as a resource to my clients.

love these books helped a lot in understanding the trauma mechanism in myself and others. This book comes with dvd. Other books of Peter Levine great too.

I liked that the author provided steps and exercises to assist in processing trauma. I also use the audible version which helps me practice the exercises to see the effects before engaging clients in the activities.

A useful book, good information. The writing style is somewhat redundant. Writer could have had a better editor, made a shorter, more concise book, IMO.

Levine's Healing Trauma is an excellent resource for those recovering from the impacts of trauma as well as for professionals caring for individuals recovering from trauma. His explanation of the biology of trauma and the steps toward restoration is written in compassionate and easy to comprehend language.

I am still working thru this book, and cd. But there has been a lot of insight for me in this.

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